



# MARCH 2011



978-975-0289

[www.newenglandcivicballet.org](http://www.newenglandcivicballet.org)

## Summer Session July 11-28

This 3 week session will be a comprehensive offering of dance classes with NECB teachers. Classes will be offered Monday through Thursday 4:00-9:00 PM. Again I would like to stress the importance of continuing your dance training throughout the summer and once again remind you that taking extended periods of time out of class will affect and hinder future progress. Students will receive a highlighted schedule within the month of March.

## Summer Workshop Week August 8-11

This week offers some terrific workshop/master class opportunities with everything from hands on lectures for both parents and students as well as a special contemporary master class.

## 2Week Intensive August 15-25

This session of 2 weeks will be geared toward intermediate/advanced students focusing on ballet/pointe/jazz/modern and conditioning. Most classes will be taught by prestigious teachers outside of NECB. Classes will meet 4 days a week for 2 weeks with students committing to a more intense schedule. Classes will be held Monday through Thursday 4-9 PM.

## 2010/2011 School Schedule

I am currently working on the 2010/2011 School year calendar. Most likely you will find your highlighted schedule in your April tuition envelope. I am also working closely with our staff to better organize our programs and level which will also be announced during the month of April.

### School Calendar at a Glance

*Technical Rehearsal...May 3*

**(Mandatory for ALL students)**

*Dress Rehearsal...May 3*

**(Mandatory for ALL students)**

*Recital Photo Shoot...May 6*

*Recital...8*

*Spring Break...10-14*

*Monday May 30...No Class Memorial Day*

*Thursday June 23...Last day of School Year*

*July 11-28 Summer Session*

*August 8-11 summer workshops*

### 2010/2011 Class Placement

You will receive a tentative class placement in your April newsletter. Final class placement will be announced at the end of the summer and will be based on the school year's attendance (class plus additional offerings)/progression, summer session attendance and performance evaluation.

### **NECB PAC CALENDAR FUNDRAISER**

NECB's PAC committee is holding a Calendar Raffle. We are selling chances for just \$10.00. Between **April 8** through **May 8<sup>th</sup> 2011** calendar holders are eligible to have their name drawn **31 times for 31 exciting prizes**. Prizes will range from cash or gift certificate awards of \$25.00 to much more.

Each student selling at least 5 calendars will have their name entered into a raffle to win incentive prizes such as gift cards and cash. Each time students up to age 12 sell 10 calendars their name will be entered into a raffle to win 1 free recital ticket. Each time students age 13+ sell 10 calendars their name will be entered into a raffle to be awarded 1 hour of private coaching with an NECB teacher. It is our sincere hope that each student will sell a minimum of five (5) Calendar Raffles. More calendars will be available in the office through Pat Fichera.

**Parents: we need your help to sell these calendars. This is the PAC's main source of scholarship funds. Without the success of this calendar scholarships will no longer be possible.**

**PLEASE REMEMBER THAT ALL TUITION IS DUE NO LATER THAN THE 15TH OF THE MONTH....LATE FEES WILL BE APPLIED. ALL TUITION ACCOUNTS MUST BE RECTIFIED PRIOR TO RECITAL TICKETS SALES.**

Please note during the week of Recital some classes that do not get to meet due to technical and dress rehearsals will be rescheduled/ combined with others to review and get one last chance to practice before the show. Classes affected/ schedule will be out in April. These classes are mandatory for all students.



**DID YOU KNOW???**

A 3 hour performance is equivalent to two ninety minute soccer games back to back or running 18 miles.

Pointe shoes add a minimum of 7 inches height to the dancer.

Many jazz traditions where every tribe had a set of dances of its' own, characterized by many rhythms going on at the same time. Different parts of the body move to various rhythms-arms to the rhythm, torso to another. Typically these dances were done solo, yet in a group for ceremonies.

**NECB QUESTION/FEEDBACK OF THE MONTH:**

Are you interested in your child taking more dance classes during the school year? If yes what holds you back? Financial commitment? Scheduling? Too intensive for your body or age?

**NEW NECB JACKETS/PANTS/DANCE BAGS!!!!**

During this month we will be offering the opportunity to order new NECB jackets, matching pants and dance bags. Sample sized will be available in both child and adult sizes. We will also have a sample bag for parents/ students to see. We will be offering both a large and medium size bag. Bags and Jackets will have the NECB logo embroidered on it with the option of adding your student's name (particularly for bags this is highly recommended) Order forms will be available shortly. These items make terrific Easter or Recital gifts.

**SWEET POTATO**

**OATMEAL PANCAKES**

**Ingredients:**

1/2 sweet potato, baked, and mashed. 1 cup rolled oats  
1 tablespoon olive oil (optional), 1-1 1/2 teaspoons sugar free maple syrup, 2 1/2 egg whites, 1 teaspoon vanilla extract, 1 teaspoon ground cinnamon, 1/2 cup low fat plain or vanilla yogurt



peeled

**Directions:**

Process the oats in a food processor until powdery. Pour the oats into a large bowl. Add the sweet potato to the food processor. Blend until smooth. Add sweet potatoes to bowl of oats, and stir in the olive oil, maple syrup, egg whites, vanilla, cinnamon and yogurt. Adjust the thickness to your liking by adding more yogurt if necessary. Heat a lightly sprayed skillet over medium heat. Pour 1/4 cupfuls of batter onto the skillet when hot, cook until bubbles appear on the surface, Flip and cook on the other side until browned. Continue with remaining batter.

**REMINDERS:**

- Attendance for all students is vital (unless ill please stay home so we are not spreading germs) with just 9 lessons left until recital every week students are finishing up choreography and polishing it.
- Please pick up after yourself. Every week there is a mass of band aids, toe tape, tissues and food wrappers being left in the waiting areas. Even if it is not your mess we ask you to pick up when you see this happening.
- Recently the noise level in the waiting areas along with the running around has increased. NO RUNNING is allowed. All parents, siblings and students please keep your voice levels down while waiting

**MARCH BDAY'S**

Elina Allen, Amber Carito, Elyanna Coutracos, Jessica Hebb, Taleigh Tierney Honan, Jordan Krauss, Alyssa Peltonovich, Alexa George, Mia Pomerleau, Gabriella Isabel Talavera



**NECB WILL BE OPEN FOR CLASSES DURING APRIL SCHOOL VACATION WEEKS**